



Sawtooth Aquatic Club
Spring Fling LC Invitational
May 16-18, 2025
Idaho Central Aquatic Center
3575 S. Findley Ave., Boise, ID 83705
Sanction #25-18

Held under sanction of Snake River Swimming, and USA Swimming, Inc.



Schedule	Friday, May 16	Saturday, May 17	Sunday, May 18
12-Under Warm-up	3:30 PM	7:30 AM	7:30 AM
12-Under Start	4:30 PM	8:30 AM	8:30 AM
13-Over Warm-up	3:30 PM	11:30 AM (estimate)	11:30 AM (estimate)
13-Over Start	4:30 PM	12:30 PM (estimate)	12:30 PM (estimate)

Meet Directors:

Ann Erwin: erwina@slhs.org or (208) 761-8488

Ryan Stratton: ryan@strattoncpa.com or (208) 409-2293

Meet Referee:

Vicki Marsh: vicki50marsh@gmail.com

Officials:

We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.

Facility:

- Indoor Myrtha competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane, uniform depth of 6 feet 7 inches (2 meters).
- Electronic timing and LCD scoreboard systems.
- Indoor 25-yard, 6-lane tank serves as the warmup pool, and has uniform depth of 4 feet.
- Indoor bleacher- style seating for 1,000 spectators
- Onsite parking for administrative personnel, officials & Coaches.
- Bus parking available at adjacent Jackson Travel Center Truck Stop.
- Free parking for spectators, team vehicles, and buses is available on all adjacent streets.

Entry Fees:

- Surcharge: \$40.00
- Individual Event: \$ 6.00
- Relay: \$12.00

Eligibility:

The meet is open to all swimmers, ages 6 and older, who are currently registered with USA Swimming.

Entry Information:

- Each swimmer may enter up to eight (8) individual events for the meet, but no more than two (2) on Friday and three (3) on Saturday & Sunday. In addition, each swimmer may participate on one (1) relay team per relay event. Entries

exceeding this limit will be scratched without notification at the discretion of the meet directors.

- On-deck USA Swimming registration will not be permitted. No on-deck team transfer will be permitted.
- No deck entries or event substitutions will be permitted for either individual or relay events.
- Time Trials are TBD.
- **Seeding & Heats:** All individual events shorter than 400 meters will be pre-seeded with no penalty for a failure to show. Events will be seeded slowest to fastest.
- **Distance Events:** Events 400 meters or longer will be positive check-in and deck seeded. Swimmers not checked in by the stated deadline will be seeded last. The 400 Free will be swum Fastest to Slowest, alternating women's and men's heats. The 800 and 1500 distance events will be seeded Fastest to Slowest, with mixed gender. The 800m Freestyle will be limited to 6 total heats. The 1500m will be limited to 4 total heats.

Awards & Scoring:

- High Point: Top 3 male & female swimmers in each age group (8 & U; 9-10; 11-12; 13-14; 15 & O)
- Scoring: Top eight swimmers and top 8 relays will score.
- Individual: 9-7-6-5-4-3-2-1
- Relays: 18-14-12-10-8-6-4-2

Meet Rules:

- Current USA Swimming rules will govern the meet.
- There are no time standards and NT will be accepted for events in which a swimmer does not have a time.
- Entries will be seeded LCM-SCM-SCY..

Relays:

- These events will be pre-seeded. Please inform the meet referee of any relay scratched prior to the start of the session.
- Relay cards will be provided prior to each session and completed forms should be provided to the timers before the start of the heat.

WARM-UP PROCEDURES:

- Feet-first entry only.
- Circle swim counter-clockwise only.
- Last 15 minutes of each warm-up period:
- Lanes 1 & 8—pace lanes, no diving
- Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
- Lanes 3, 4, 5 & 6—general warm-up, no diving
- Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closes promptly five (5) minutes prior to the start of competition.
- Warm-ups may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center For SafeSport’s Centralized Disciplinary Database, USA Swimming’s List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming’s List of Individuals Suspended or Ineligible – Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach’s credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility’s AEDs are located in the southwest corner of the facility by the lobby doors and in the northeast corner of the facility under the scoreboard.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee’s decision shall be final and binding.
- Shaving is not permitted anywhere in the venue.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team’s swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer’s responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted on the competition deck and must remain in the bleacher area.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required shall visibly display their USA Swimming membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Snake River Swimming, Sawtooth Aquatic Club and Idaho Competitive Aquatics shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ENTRY SUBMITTAL INFORMATION: Entries will only be accepted upon receipt of all of the following prior to the **entry deadline, 6:00 PM (MST), Thursday, May 8, 2025.**

1. Entry File from Team Manager or equivalent.
2. Meet Entry Reports for individual events (sorted by swimmer) and relay events (sorted by event) from Team Manager or equivalent.
3. Meet Entry Fee Report from Team Manager or equivalent.
4. Meet Entry Fees—one check payable to the Sawtooth Aquatic Club
5. Team Information Sheet
6. Email entry files and reports to Patty Stratton (patty@gbacswim.com)

Submittal Formats and Notes:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- All entry times will be assumed to be LCM unless otherwise indicated.
- Be sure to include all relay-only swimmers – name, gender, USA Swimming ID number & team affiliation on all electronic files and hard copies, and appropriate surcharges must be included with the entry.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Make checks payable to “Sawtooth Aquatic Club” and mail checks to:** Patty Stratton, 2017 S. Roosevelt Street, Boise ID 83705
- **Email:** patty@gbacswim.com

LATE ENTRIES WILL NOT BE ACCEPTED.

IMPORTANT NOTES:

MEET WEBSITE: <https://SawtoothInvite.com>

COACHES MEETING: There will be a coaches meeting via Zoom on Monday, May 12th at 8:00pm (Mountain)

OFFICIALS MEETING: There will be an official's meeting 45 minutes prior to the start of each session.

TIMERS: Teams will be assigned specific lanes for each session. The schedule will be provided in advance of the meet.

WARM-UP LANES: Warm-up lanes will be assigned by team based on swimmer count.

HOSPITALITY: Hospitality will be provided for all coaches and officials.

HEAT SHEETS & TIMELINES: Heat Sheets, Timelines and all meet documents will be posted on the meet website: <https://SawtoothInvite.com>



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Event Order

Friday, May 16, 2025

Warm-Ups - 3:30 - 4:20 p.m. Start - 4:30 p.m.

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
1	9-10	200 Meter Ind. Medley	9-10	2
3	11 & O	400 Meter Ind. Medley	11 & O	4
5	9-10	200 Meter Freestyle	9-10	6
7	11-12	200 Meter Freestyle	11-12	8
9	11 & O	400 Meter Freestyle	11 & O	10

Check-In for 400 IM and 400 Free No Later Than 3:45 pm
Swimmers Not Checked In Will Be Seeded Last

Saturday, Morning - May 17, 2025

Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
11	11-12	200 Meter Ind. Medley	11-12	12
13	9-10	100 Meter Backstroke	9-10	14
15	11-12	100 Meter Backstroke	11-12	16
17	12-UN	200 Meter Medley Relay	12-UN	18
19	9-10	100 Meter Breaststroke	9-10	20
21	11-12	100 Meter Breaststroke	11-12	22
23	6-8	50 Meter Freestyle	6-8	24
25	9-10	50 Meter Freestyle	9-10	26
27	11-12	50 Meter Freestyle	11-12	28
29	6-8	50 Meter Butterfly	6-8	30
31	9-10	50 Meter Butterfly	9-10	32
33	11-12	50 Meter Butterfly	11-12	34
35	11-12	200 Meter Butterfly	11-12	36

Saturday Afternoon, May 17, 2025

Warm-Ups - Conclusion of Morning Session Start - 1 Hour After Morning Session Ends

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
37	13 & O	100 Meter Backstroke	13 & O	38
39	13 & O	400 Meter Medley Relay	13 & O	40
41	13 & O	200 Meter Butterfly	13 & O	42
43	13 & O	100 Meter Breaststroke	13 & O	44
45	13 & O	200 Meter Freestyle	13 & O	46
47	13 & O	50 Meter Freestyle	13 & O	48
49	13 & O	50 Meter Butterfly	13 & O	50
51	13 & O	Mixed 800 Meter Freestyle	13 & O	

Check-In for 800 M Free No Later Than 1:45 pm

Saturday 800 Freestyle swimmers must provide their own counters and timers



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Event Order
Sunday Morning, May 18, 2025
Warm-Ups - 7:30 – 8:20 a.m. Start - 8:30 a.m.

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
53	6-8	50 Meter Backstroke	6-8	54
55	9-10	50 Meter Backstroke	9-10	56
57	11-12	50 Meter Backstroke	11-12	58
59	11-12	200 Meter Backstroke	11-12	60
61	6-8	50 Meter Breaststroke	6-8	62
63	9-10	50 Meter Breaststroke	9-10	64
65	11-12	50 Meter Breaststroke	11-12	66
67	11-12	200 Meter Breaststroke	11-12	68
69	12-UN	200 Meter Freestyle Relay	12-UN	70
71	6-8	100 Meter Freestyle	6-8	72
73	9-10	100 Meter Freestyle	9-10	74
75	11-12	100 Meter Freestyle	11-12	76
77	9-10	100 Meter Butterfly	9-10	78
79	11-12	100 Meter Butterfly	11-12	80

Sunday Afternoon, May 18, 2025

Warm-Ups – Conclusion of Morning Session Start – 1 Hour After Morning Session Ends

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Age</u>	<u>Boys</u>
81	13 & O	200 Meter Backstroke	13 & O	82
83	13 & O	400 Meter Freestyle Relay	13 & O	84
85	13 & O	200 Meter Ind. Medley	13 & O	86
87	13 & O	50 Meter Breaststroke	13 & O	88
89	13 & O	50 Meter Backstroke	13 & O	90
91	13 & O	100 Meter Butterfly	13 & O	92
93	13 & O	200 Meter Breaststroke	13 & O	94
95	13 & O	100 Meter Freestyle	13 & O	96
97	13 & O	Mixed 1500 Meter Freestyle	13 & O	

Check-In for 1500 M Free No Later Than 1:45 pm

Sunday 1500 Freestyle swimmers must provide their own counters and timers.



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TEAM INFORMATION

(Please include the Team Information Form if sending entries electronically.)

TEAM NAME: _____ CLUB CODE: _____

CONTACT NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH(ES) ATTENDING MEET: _____

While in Boise, our coach can be reached at: _____

Coach Cell Phone # and Hotel Name/Phone #

The following statement must be signed by coach or team representative:

I have read the meet information and attest that all swimmers entered are athlete members of USA Swimming.

Signature: _____ Date: _____

ENTRY SUMMARY

_____ Swimmers x \$40.00/swimmer = \$ _____

_____ Individual Events x \$6.00 each = \$ _____

_____ Relays x \$12.00 each = \$ _____

Team Total = \$ _____

(Make Checks Payable to Sawtooth Aquatic Club)

ENTRY DEADLINE – 6:00 pm Thursday, May 8, 2025

Mail Team Information Form and Check to:

Sawtooth Spring Fling LC Invitational
c/o Patty Stratton
2017 S. Roosevelt Street
Boise, ID 83705